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Thursday, June 27, 2013

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Flood destroy your photos?

Local photographers are offering up their services to replace precious snapshots lost in the disaster PAGE 6

Go ahead, punk, make my decor

Forget the safety pins: Punk-rock-themed accessories are one of the biggest trends in home decorating PAGE 32

DOMA STRUCK DOWN

HUGE WIN FOR GAY-RIGHTS ACTIVISTS IN THE U.S. PAGE 13

'Calgary met the test': Top cop

Emergency response. Officers worked nearly around the clock early on in flood crisis

JEREMY NOLAIS
jeremy.nolais@metronews.ca

In a city glowing with spirit as citizens rally to recover from a devastating flood, there may be no one more proud than Calgary's top cop.

Police Chief Rick Hanson said in an interview Wednesday that 72 of his own members were directly impacted by surging waters from the Bow and Elbow in one way or another. Nearly all stayed on the job.

But the man who helped lead the city's largest evacuation in history — as many as 100,000 people were forced from their homes Thursday and Friday, many on short notice — was quick to pay credit beyond the police ranks, thanking fellow emergency responders, the media and Calgarians as a whole.

"It takes a disaster to show the mettle of a community — to show what a community is made out of," Hanson said. "Many communities don't meet the test; Calgary met the test and exceeded it. I am totally comfortable in saying no other community could have pulled together like this community has done over the last seven days."

As of Wednesday, Calgary's crisis, which involved the largest surge of water to come through the city since the 1930s, had claimed a single life. Even in that instance, officers insisted they warned the elderly victim to get out.

At the height of the emergency, Hanson said his officers were pulling 22-hour shifts on the front lines, attempting to maintain chaos in a situation unlike any the service had witnessed before.

"We had guys who were sleeping on the floors in the district offices two hours at a time and then they would be right back out there," Hanson said.

Tactics used over the last week were formed largely from past incidents, including the massive crowd-control effort during the 2004 formation of the Red Mile. Now, after-action reports will lay out guidelines for future responses and officials at the top are deeming the operation a resounding success given the circumstances.

Evacuation orders have been lifted and police focus has shifted.

Many officers, including Const. Randy MacDonald, are now rolling up their sleeves and pitching in with cleaning up hard-hit areas like Bowness.

Even amid chaos, there are positive moments that stick out with the veteran officer, like helping a woman who had been out of town when the waters hit get back into her home to ensure her pets were alright.

"Those are the stories you like.... You see sort of two faces," MacDonald said of the experience. "There's sadness and then obviously the gratitude that people share by having others help each other. It's great to see."

Quoted

"Everybody knows we can't change what happened, but we can fix it by putting everybody back together and getting the job done."

Calgary police Const. Randy MacDonald

Twitter

We asked Calgarians how they think police have responded to the flood:

@brie_elise: I'm completely blown away. A generous cop in Bowness gave me a ride on his quad. He told me they're all pulling 13 hr shifts.

@shawnkearns: Did an amazing job keeping us safe and informed both on the ground and via social media.

@XOjesXO Amazing! So much so they got put in twitter jail. And then of course the public scolding of the elitist jerk. *Standing O*

Const. Randy MacDonald keeps watch over a particularly ravaged portion of Bow Crescent N.W. on Wednesday as flood-recovery efforts continued in many areas of Calgary. CANDICE WARD/FOR METRO

Fears of scams, 'crooks' emerge as city cleans up

Fraud fears. Some haulers still charging landfill fee despite city waiving it, renovation scams also likely

JEREMY NOLAIS
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Costs to haul away materials destroyed by flooding appear to vary wildly in Calgary, with some actually charging victims more than usual despite city landfill fees being waived.

Metro phoned 10 waste-hauling companies at random Wednesday to get a sense of their prices for hauling flood waste compared to usual. Five companies said they were offering a discount because they no longer had to pay nearly $120 to dump a typical load at a city site.

Two said they had not amended their pricing at all and the same number indicated they were charging more to account for long waits in traffic and even longer lines at city sites given the amount of waste being dumped.

But those raising prices — or even maintaining them — drew a warning from Mayor Naheed Nenshi during a Tuesday afternoon briefing.

"Hauling companies are being very naughty if they're doing that," Nenshi said, adding he'd been made aware of two reports of landfill fees being charged. "Don't do that, make sure that your customers have those savings passed onto them."

Competitor haulers cutting customers a break also failed to see the reasoning.

"There's a lot of crooks out there," said Mohammed Esses, owner of Mo's Disposal Inc., who claimed to be offering a 30 per cent discount, the biggest price break of companies called.

Larissa Knibbs lends a helping had to flood victims in the Bowness area Wednesday morning. Check around for trash hauling agencies to make sure you're getting the best deal on hauling, considering the city has waived its tipping fee at city landfills. CANDICE WARD/FOR METRO

Beware of storm chasers

"We are not talking about meteorological storm chasers — we're talking about people who make a living off the tragedy of others."

Sandra Crozier, Better Business Bureau

Esses said the maximum he would charge is $500, "But there was another guy who had the same size truck as me that wanted $1,000. Unbelievable."

Fellow hauler Dayle Nielsen, owner of DumpRunner Waste Systems Inc., said she too was charging less especially after seeing the potential repercussions for those accused of price-gouging in the wake of the flooding.

"We would get in huge trouble ... social media would tell everybody," she said. "Word gets around, Calgary's too small. We have been around since 2002 and we don't our name dragged through the mud, literally."

A photo went viral on Facebook and Twitter Friday of a liquor store in Queensland allegedly charging $20 for a single bag of ice.

Even once the waste has been hauled away, the scams don't end, the Better Business Bureau serving southern Alberta is warning.

The organization claims some out-of-towners, known as "storm chasers," will arrive directly after a disaster offering deals to people in dire situations that are hard to ignore. Often, the contractors take a deposit from a homeowner and then skip town without doing any of the work, according to bureau President and chief executive Sandra Crozier-McKee.

She added that donation scams are also prevalent in the wake of a disaster and even urged victims to be wary of people offering to come in and help clean out your basement.

"You can end up in a worse situation than you're already in," she said, adding her organization has 4 million business reviews available to the public. Tips are also available to protect against fraudulent renovators and for those hoping to obtain flood insurance at bbb.org.

Used vehicle warning

Police chief warns about automobile fraud post-flood

Where some vehicle owners have watched in disbelief as their prized autos were submerged by flood waters, fraudsters are only seeing dollar signs, warns Calgary's police chief.

Rick Hanson said he expects a rise in fraudulent used vehicle sales in the weeks and months ahead, urging anyone buying one to get it properly inspected before forking over cash.

"Predators will try to buy those cars and then turn them around and try to sell them back to people without disclosing the flood damage," he said. "You don't want to be driving 120 (km/h) down the Deerfoot and find out your brakes don't work properly."

JEREMY NOLAIS/METRO

What to watch out for

Service Alberta has tips for determining whether a car has suffered flood damage.

- They include checking for rust, damp spots or funky odours in the truck and main cabin, making sure all gauges and other systems — windshield wipers, radio, cigarette lighter — are working and having a certified technician check for damage in the fuel tank.
- Other giveaways can include a water line underneath the vehicle's hood or mud and silt in any of the vehicle's vents.
- As well, prospective buyers are urged to keep in mind that a vehicle's registration will only indicate it sustained flood damage if an insurance company deemed it salvageable.

State of local emergency extended by city as cleanup, repair work continues

Emergency ongoing. Calgary still 'not that far in to this event,' says emergency response director

KATIE TURNER AND ROBSON FLETCHER
calgary@metronews.ca

Mayor Naheed Nenshi discusses the challenges in getting power back up in some core-area communities. ROBSON FLETCHER/METRO

Calgary will maintain its state of local emergency for at least one more week, officials announced Wednesday, as crews continued to repair flood-related damage and worked to restore power to thousands of homes and businesses.

A total of 10,151 customers remained without power Wednesday evening, as Mayor Naheed Nenshi provided the city's final status update of the day.

The vast majority of those customers are in the downtown area, the mayor said, with fewer than 1,000 remaining customers outside the core without electricity.

"If you're in a neighbourhood where power has been restored, but you don't individually have power, you need to contact 311," Nenshi said.

Crews struggled to re-energize Mission, Beltline, Cliff Bungalow and Victoria Park Wednesday because the system is largely underground and has been inundated with water, said Enmax CEO Gianna Manes.

The power utility initially aimed to restore electricity in the Beltline by 10 p.m. Wednesday but later pushed that back to midnight.

But even once power to the local grid is restored, Nenshi warned that doesn't mean residents can immediately return home.

"When the grid is energized, the individual property owners — the building owners — can go in, start doing an assessment, call us in, we'll complete the assessment, we'll flip the switch and you'll have power on," the mayor said.

Calgary Emergency Management Agency (CEMA) director Bruce Burrell said the state of emergency could be in place for as long as three weeks.

"The state of local emergency gives us a number of powers that are able to be influenced to help recovery in a municipality," Burrell said. "If we give up those powers, what it will do is slow down the rate of recovery."

Blue bin collection suspended, parking fees and fines resume

- Blue-bin collection of recyclables is suspended until further notice to free up crews to haul flood-damaged materials to the dump.
- Normal parking fees and fines will resume Thursday, a step Mayor Naheed Nenshi said is necessary to control parking in the downtown core.
- Some vehicles have been towed, without being ticketed, to free up street space for recovery work. For assistance in finding a moved vehicle, call the Calgary Parking Authority at 403-537-7100.

Nenshi. 'Moved to tears' by Calgary volunteers

Mayor Nenshi stops to take a photo with volunteers in the community of Mission. COURTESY OF MAYOR'S OFFICE

Calgary's mayor said he's been overwhelmed by the outpouring of community spirit he's seen on the streets of flood-ravished communities.

As residents return home and begin clean up of their damaged properties, Naheed Nenshi said he's witnessed hundreds of Calgarians coming together.

On Tuesday night, Nenshi arrived unannounced in the community of Mission.

"I saw these very, very, very filthy women…taking a photo on the street, so I did what I do and I jumped out of the car and photobombed their picture," he said.

After speaking with the women, he learned they were helping a complete stranger clean her home.

"I was kind of moved to tears by what they were doing," said Nenshi.

"They said, 'why do you think what we're doing is special? Go two blocks down the street?' So I did."

He said he ventured to the community of Rideau and estimated there were 200 people on one block, including many people who had come down after seeing a woman's plea for help posted on Facebook.

"People have lost a lot. Our friends and neighbours are in an enormous amount of pain. You know what? We're there to help," said Nenshi Wednesday. "We as citizens have the power to take people from devastation to hope." KATIE TURNER/METRO

Notified of evacuation

Elderly woman dies of accidental drowning in Calgary flood

Calgary police say an 83-year-old woman found dead in a flood-ridden apartment died of accidental drowning.

Police were called to the woman's home in the 100 block of 25 Ave SW after she was found around 4:30 p.m. Sunday. Friends had returned to the woman's building to check on her welfare after flood waters had covered the area.

According to police, the woman was notified on June 20 at around 7 p.m. of the mandatory evacuation of the neighbourhood. Police said all indications to them were that the woman would comply with the request.

Deputy Chief Roger Chaffin said police don't believe she was suffering from any other medical conditions.

"I think if there was any indication at the time that she needed assistance to evacuate or needed some help, we would certainly have offered that but at the time, we believed she was compliant." KATIE TURNER/METRO

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WESTJET

'Alberta Rose.' Timmies offers fundraiser doughnut

Finally, a doughnut that's good for people.

Tim Hortons announced Wednesday that starting Friday, individuals across the province will be able to pick up the new Alberta Rose doughnut, with all proceeds going to the Canadian Red Cross Alberta Floods Fund.

The vanilla-dipped, strawberry-bark-topped doughnut is filled with venetian cream and is shaped like Alberta's official flower, the Wild Rose.

Doug Gunn, director of marketing, said creating the doughnut was a way for Tim Hortons to make an impact in the affected communities.

"It will always be people before profits," said Gunn. He said they're hoping to raise at least $120,000 from the campaign.

Tim Hortons has also pledged $100,000 to the fund. **CANDICE WARD/FOR METRO**

Doug Gunn and Ald. John Mar with Alberta Roses. CANDICE WARD/FOR METRO

Council. Nenshi to ask for extension on tax payments

Mayor Naheed Nenshi will ask council to approve a two-week extension for property-tax payments following floods that shut down the city's municipal building.

Bills were mailed out May 24 and payments are due Friday; however Nenshi said he's confident council colleagues will approve an extension until July 12 without penalty.

"This is an amazing response you've seen from our public service folks, this is why we pay taxes," said Nenshi Wednesday morning.

For those that would like to make payments right away, Nenshi said there are several options, including paying at one's bank, by mail, online, or at one of four temporary customer service counters, 8 a.m.–4:30 p.m. **KATIE TURNER/METRO**

Where you can pay

- **Rose Kohn Arena.** 502 Heritage Drive S.W. (open until 6 p.m.)
- **Elections Office.** 1103 55 Avenue N.E.
- **Forest Lawn.** 3810 17 Avenue S.E.
- **Georgina Thomson Library.** 51 Cornell Road N.W.

Susan Gregory has been ordered out of the Riversong Mansion by month's end. She believes it's because she left the building under direction from the police and, as a result, did not perform custodial duties there for a few days. JEREMY NOLAIS/METRO

Did fleeing cost custodian her job?

Flooding. Police ordered people to leave more than 20 communities amid crisis

JEREMY NOLAIS
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Susan Gregory says she held out as long she could, defying a police evacuation order ahead of mass flooding in Calgary last week.

But by Friday morning water began spewing up from the sewers running underneath the Riversong Mansion along Memorial Drive, where she performs custodian duties in exchange for reduced rent.

Flooding ravaged the city that morning and remnants of the destruction were still seen littered along Memorial on Wednesday as residents waited for citizens to come by and assist with cleanup.

Gregory admits she'd been instructed by Riversong's management Thursday to stay in the building, claiming they repeatedly expressed concerns about building security.

"That's not in my job description," she said, offering up a copy of her employment details as proof. "I am 59 ... what am I going to do to ward off looters?"

Gregory claims she left Riversong Friday morning, kept in constant contact with a man who'd stayed behind and returned Tuesday, the day after power was restored. But she was greeted with an eviction notice ordering her out by July 31 because of "Circumstances beyond our control."

Metro tried repeatedly Wednesday afternoon to get in touch with building management over the phone and via email. At press time, they had not responded to inquiries.

But Gregory did provide emails in which they detail frustration that the man she'd been in contact with had taken over custodial duties.

Riversong also detailed non-flood-related repairs needed to Gregory's suite as the reason behind her eviction, and said residents who chose to leave during the flooding were "legally entitled to do so."

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Calgary Drop-In Centre welcomes hundreds 'home'

It was running on generators and only one elevator was working, but the Calgary Drop-In and Rehab Centre re-opened Wednesday afternoon and welcomed hundreds of people back inside the shelter facility.

After spending several days packed tightly into conference rooms at a city hotel, executive director Debbie Newman said many clients were eager to get back to a familiar place.

"I've heard the word 'home,'" she said. "They've said, 'I never thought I'd say this, but I'm glad to go home.'"

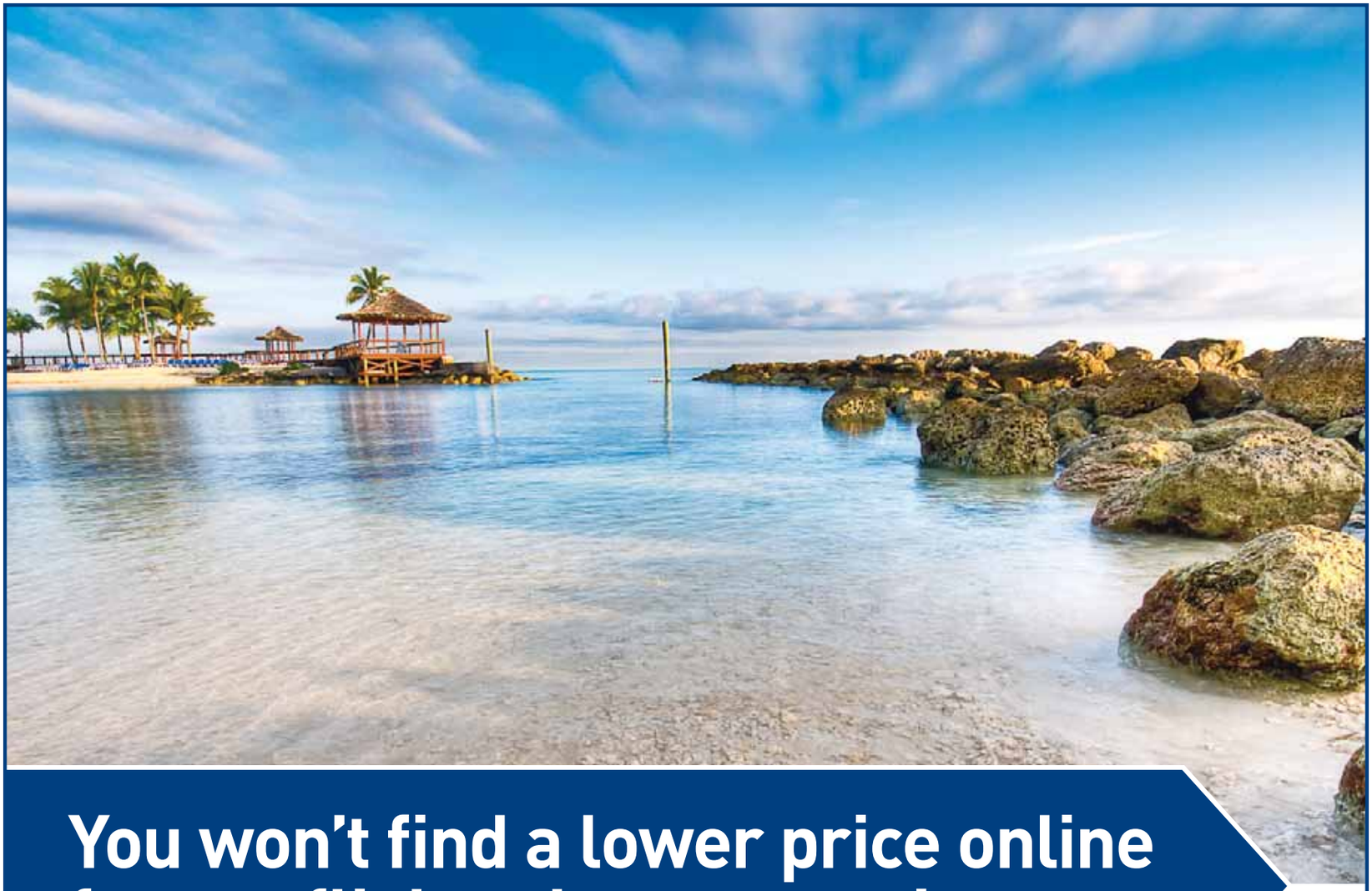
Members of the Drop-In staff said they were overwhelmed by the work of volunteers who helped clean up the facility and return it to habitable condition after the flood.

Clients of the Calgary Drop-In return Wednesday afternoon. ROBSON FLETCHER/METRO

About 700 to 750 people, on average, were staying in two hotel conference rooms during the displacement, Newman said.

Among the people evacuated from the Drop-In on Friday was Becky Cole, who turned 45 that day.

"At first, I started crying, because it was my birthday," she said. "But after that, I went up there to the other place (the hotel), and I started working, volunteering with the donations and whatnot, and I had an actual good time." **ROBSON FLETCHER/METRO**



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Photogs offer free sessions for Alberta's flood victims

Open call.
Photographers extend offer to victims from across the province

KATIE TURNER
katie.turner@metronews.ca

Calgary and area photographers are offering their services to replace precious snapshots destroyed by flooding.

After experiencing a fire first-hand, Paulina Ochoa knows how important photos are.

"I know if there was an emergency, that is the very first thing that I wouldn't want to lose," she said. "I know a lot of people had to leave really, really quickly and might not be able to recover their old photos."

Ochoa is planning to assemble a team of makeup artists, hairstylists and, possibly, additional photographers depending on the response she gets.

Fellow photographer Christina Bethlehem from Carseland said she understands what an investment professional photos are and knows many flood victims might not be able to afford a photo shoot. She's decided to offer at least one session on July 27 at Kinsmen Park in Strathmore, with the possibility of adding others in August and September.

"I'm just going to do marathon days of shooting families back-to-back," she said. "All it takes is my time."

While Ochoa said there are moments that can't be recreated, she's hoping to capture another milestone for the flooding victims as they move into a new stage of their lives.

Contact information

- Ochoa can be contacted through her website at paulinaochoaphotography.com, or on Facebook at Paulina Ochoa Photography.
- Bethlehem can also be reached on Facebook at Christina Bethlehem Photography.

Photographer Paulina Ochoa with Ochoa Photography will be donating her photography services to replace flood victims' lost snapshots. CANDICE WARD/FOR METRO

"When people get pictures, it's because something new has happened in their lives — a baby or their getting married," she said. "(Life has) changed, hopefully for the better, and people can see these pictures and say, you know what, we're together, we're alive and we love each other, let's move on."

Facebook page

Dresses offered for graduating flood victims

Women throughout Southern Alberta are rallying to ensure teenage flood victims are able to attend their graduations.

Graduating just two years ago herself from Highwood High School, Becca Kehoe heard that more than 80 girls from her alma mater lost their prom dresses in the flood. "I know that's not something that you can go and replace," she said.

Kehoe offered her dress on Facebook and said her friends soon started doing the same, so she created a page called Grad Dresses for YYC Flood Victims. As of Wednesday, there were more than 80 photos of dresses posted on the page for victims to choose from.

Hairstylists and makeup artists are also offering their services through the Facebook page, including Debra Kelly, who has a full studio at her home.

Kehoe said they're hoping to have a location where people can drop off dresses, but as of Tuesday, she was encouraging flood victims to connect directly through Facebook with the girls offering dresses.

KATIE TURNER/METRO

Stampede does not need cleanup volunteers

Work is well underway on the Calgary Stampede grounds. Volunteers are being turned away because the work on the grounds is specialized.
CANDICE WARD/FOR METRO

Cleanup efforts at Stampede Park are "going well" and volunteers are not needed at this time, according to Calgary Stampede officials.

"At this point we don't even have our own volunteers (at the site) helping out, because it has to be skilled, specialized people," Calgary Stampede publicity manager Jennifer Booth said on Wednesday.

Countless Calgarians keen to lend a hand have been offering to help out, but the Stampede has been redirecting them to other parts of the city that need it more.

"We've been trying to redeploy them into the community," Booth said.

Stampede Park remains closed to public at this time, she added.

Meanwhile, the Stampede's "Hell or High Water" T-shirts continue to sell at a blistering pace online.

After going on sale Monday, Booth said 20,000 shirts had been sold as of 8:30 a.m. Wednesday, with all proceeds going to the Canadian Red Cross' Alberta Flood Relief Fund. By Wednesday afternoon, that number had climbed even higher.

"We have sold almost 35,000 Hell or High Water T-shirts so far!" the Stampede tweeted. "Our printers are working hard to fulfil the orders."

ROBSON FLETCHER/METRO

'Hell or High Water'

- The Stampede estimated the sale of the first 10,000 shirts generated more than $100,000 for the fund.
- The more shirts that are sold, the more money per shirt goes to the Red Cross, as per-unit production costs go down with larger volumes.

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To the west

Trans-Canada reopens

Two lanes of the Trans-Canada Highway in the Canmore area have reopened for drivers, according to the province.

The province said late Wednesday afternoon that one lane will open in both the eastbound and westbound lanes where "gaping holes and rushing flood water" were one week ago.

"With a lot of muscle and an unexpected boost from quickly receding waters, we were able to get this interim solution in place for local residents, Albertans and Canadians," said Ric McIver, Alberta minister of transportation.

Alberta Transportation engineers, other consultants and the maintenance contractor, Volker Stevin, have consulted on an ongoing basis with the towns of Canmore and Banff, and with Parks Canada, and have been working on the east-west corridor, as semis and other cars have been lined up for several days.

METRO

High River mayor pleads for patience

A few more days.
Disgruntled evacuees anxiously await returning home

An angry crowd of evacuees gathered at a roadblock outside High River as officials announced that their return home was still days away.

The mayor had earlier suggested that a timeline for people to go back was close. Instead, on Wednesday, he pleaded for a little more patience from those who have been without a home for a week.

"The biggest question I hear from residents is when and that's been the most difficult question for us on ground zero here," said Mayor Emile Blokland. "We're now able to get a little closer to that answer. We're talking days. We're not talking weeks."

The crowd of about 50 wasn't allowed to watch Blokland speak to reporters, but was eager to share opinions afterward.

"I'd like to know who's making these decisions," said former town councillor Floyd Langenhoff.

"I'd like to see the disaster people here and talk to us. Where are they? Hiding behind the mayor and the rest of the council and letting them take the flak?

"As soon as these areas dried up we should have been there remediating our houses," he said. "Now, after a week, who knows what's going to happen?"

Rick Fraser, the Alberta government member appointed to oversee the town's recovery, said a return date was still being worked on.

Relief money

- MLA Rick Fraser said that pre-loaded debit cards to help evacuees with expenses would go to High River residents first, starting Thursday.
- Premier Redford announced the cards earlier in the week as part of an initial $1 billion to kick-start recovery. They are only available for those who evacuated.
- Meanwhile, a number of federal ministers touring the area Wednesday promised support from Ottawa.

Crews were still working, he said, to restore basic services and utilities, to rid the community of contaminated standing water and to make things safe.

"I want the residents of High River to know that officials are working with the RCMP and other disaster-response agencies to eliminate these hazards and restore basic essential services so that we can place residents back in their community as soon as possible."

Junior federal finance minister Ted Menzies, who represents High River in Parliament, said he understands how anxious people are to get back in their homes.

"But it's dangerous," he said. "There was one family that went back, turned the power on and burned their house down."

THE CANADIAN PRESS

RCMP officers wear protective masks to prevent

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toxic dust from entering their lungs in High River. JORDAN VERLAGE/ THE CANADIAN PRESS

Long-weekend travel plans? Be careful in backcountry, warns AEM

While hundreds of people in High River, Medicine Hat, Calgary and other communities were trying to get back into their neighbourhoods Wednesday, campers making plans for the upcoming long weekend were being warned to stay out.

Dave Galea of Alberta Emergency Management advised outdoor enthusiasts to steer clear of backcountry spots damaged by flooding.

"It's important for people to check and make sure that the campgrounds that they intend to go to are still open," he said.

"Many have been closed as a result of the flooding situation."

Galea urged people to heed posted closures.

"People should obey the closing signs. When a park is closed, it's closed for reasons of safety."

He pointed out that in Kananaskis Country, a popular recreational area west of Calgary, more than 1,200 campers had to be moved after flooding began last week.

He also issued a stern warning to boaters tempted by flood-swollen rivers.

"They put their lives at risk for the thrill of being on fast water," he said. "It puts the first responders at risk who are going to have to rescue them when things go bad. The first responders are busy enough dealing with the aftermath of the flooding and shouldn't have to worry about stupidity."

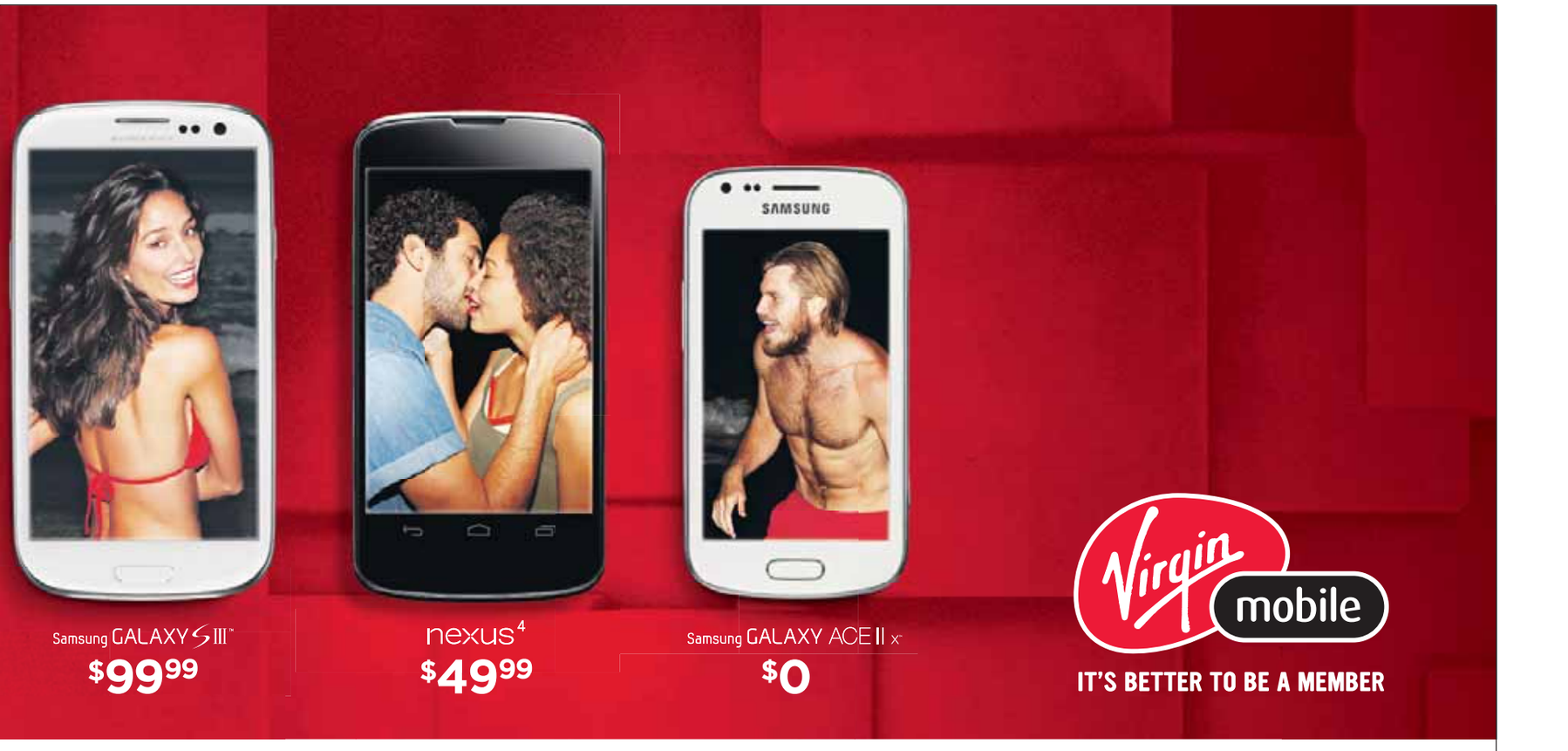
A list of campground closures is on the government of Alberta's website.

THE CANADIAN PRESS

Quoted

"They put their lives at risk for the thrill of being on fast water. It puts the first responders at risk, who are going to have to rescue them when things go bad.

Dave Galea, Alberta Emergency Management, regarding boaters who are tempted by swollen rivers



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Calgarians have come out in an unprecedented way to help each other recover from the devastating effects of last weekend's flood. Metro has been roving around for the past couple of days, capturing the volunteer spirit of the city. For a full gallery, go to metronews.ca.

CANDICE WARD
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It's about Calgary helping Calgary

1 Roxboro rocks

Residents of the Roxboro district help out their neighbours on Tuesday.

2 Tee time

Mike Tourigny and Ald. John Mar show off the T-shirts given to volunteers heading out to help flood victims. Mar was in the Mission area on Wednesday, handing out shirts and supplies, including gloves, rubber boots, masks, water and coffee to those heading into the affected areas.

3 That's the spirit

The Safeway in Mission might still have been without power, but Tyler Botros and Samantha Clarke with Safeway were out in their parking lot on Wednesday morning providing residents and volunteers with free snacks, water and fruit.

4 Can you dig it?

Kyle Hodges and Erin Reid help flood victims in the Bowness area on Wednesday morning.

5 How now, brown gown?

Cathie Gould sprays the mud off her wedding dress with the help of Carole Love in the flood-ravaged community of Roxboro on Tuesday.

6 Bunny love

Olivier A. volunteers his time, while sporting a pair of mud-soaked rabbit ears, to help a resident of Britannia clear out his basement on Monday afternoon.

Helping Alberta communities get back on their feet.

In times of disaster, Canadians pull together. At TD, we want to do our part by lending a helping hand to our customers and employees who have been affected by the flooding and evacuation in Alberta.

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Canada at work

Statistics Canada released its second batch of figures Wednesday from its voluntary National Household Survey, looking at labour, education, workplace, commuting, work language, mobility and migration. Here's a roundup of four things you need to know:

THE CANADIAN PRESS

1 Commuting

Some 15.4 million Canadians endure a daily commute to and from work, most of them behind the wheel. Four out of five commuters took a private vehicle, while 12 per cent took public transit, up from 11 per cent in 2006. The disproportionate popularity of driving in the age of climate change may boil down to a single factor: Time. Private-vehicle commuters spent an average of 23.7 minutes getting to work, nearly half the 40.4 minutes it took bus riders.

2 Post-secondary education

For the first time women have bypassed men in terms of post-secondary education, with 64.8 per cent of working-age women having a post-secondary education, compared with 63.4 per cent of men. Women accounted for 59 per cent of Canadians aged 25 to 34 with a university degree, compared with 47.3 per cent of their 55- to 64-year-old counterparts.

3 Temporary foreign workers

More than 330,000 workers live and work in Canada as part of the federal temporary foreign worker program — a number that has nearly tripled over the past 10 years, with the bulk of those job-seekers going west in search of work. The program was originally designed to attract skilled employees to address temporary labour shortages. The emphasis shifted in 2002 to low-skilled workers, such as those in the food and beverage industry, construction and retail.

4 Cyclists

The latest batch of data shows no difference in the percentage of Canadians who rode their bike to work in 2011 and 2006. That number remains unchanged at 1.3 per cent. That works out to 201,785 cyclists out of more than 15 million commuters. Another 880,800 commuters, or 5.7 per cent, reported walking to work each day.

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Michael Knaapen, left, and his husband John Becker embrace outside the Supreme Court in Washington, Wednesday, after the court cleared the way for same-sex marriage in California. CHARLES DHARAPAK/THE ASSOCIATED PRESS

‘Free to ... love and be married’

Supreme Court rules. Gay-pride flags flew outside San Francisco city hall Wednesday — a landmark day for same-sex marriage

A marriage made in Toronto was at the heart Wednesday of a landmark U.S. Supreme Court ruling that struck down the Defense of Marriage Act on a historic day that also cleared the way for same-sex marriage in California, the most populous state in the union.

The ruling on the federal U.S. legislation known as DOMA gives spouses in same-sex unions a full array of tax, health and pension benefits.

The challenge to the legislation was spearheaded by 83-year-old Edith Windsor, a New Yorker, who married her longtime partner Thea Spyer six years ago in Canada, where same-sex marriage has been legal for almost a decade. The couple’s marriage was recognized by New York state, but not by the federal government.

When Spyer died in 2009, the federal government cited DOMA to force Windsor, who’s now ailing, to pay $363,000 in taxes on her late wife’s estate — taxes that wouldn’t have been levied against her if she’d been married to a man.

“Those children who are gay will be free to grow up and love and be married. If I had to survive Thea, what a glorious way to do it,” Windsor told a New York news conference.

Also on Wednesday, the high court cleared the way for same-sex marriage in California by ruling that defenders of Proposition 8, a ban on same-sex marriage, had no constitutional standing.

THE CANADIAN PRESS

Defense of Marriage Act

“Children born today will grow up in a world without DOMA.”

Edith Windsor, who spearheaded the challenge to the DOMA legislation

Twitter

@Adam-Lambert

“Down w DOMA! Something to be very proud of this upcoming July 4th. We are making beautiful progress for Equality! #proud”

@TheEllen-Show

“It’s a supremely wonderful day for equality.... Congratulations everyone. And I mean everyone.”

@LeoDi-Caprio

“Historic day. #SCOTUS.”

Same-sex marriage. Ruling ‘righted a wrong’, says Barack Obama

President Barack Obama hailed the U.S. Supreme Court’s ruling that people in same-sex marriages are entitled to the same benefits as heterosexual married couples, declaring the court “has righted a wrong.”

“This was discrimination enshrined in law,” he said. “We are a people who declared that we are all created equal — and the love we commit to one another must be equal as well.”

Obama said he had directed Attorney General Eric Holder to work with others in his administration to ensure federal law reflects the court’s decision. THE ASSOCIATED PRESS

Flags wave outside San Francisco city hall Wednesday. THE ASSOCIATED PRESS

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Bombshell. Patriots' Hernandez charged with murdering a friend

Aaron Hernandez, left, stands with his lawyer, Michael Fee, in court in Attleboro, Mass., on Wednesday. THE ASSOCIATED PRESS

New England Patriots tight end Aaron Hernandez was arrested and charged Wednesday with murdering a friend.

The bombshell development came more than a week after Boston semi-pro football player Odin Lloyd's bullet-riddled body was found in an industrial park about a mile from Hernandez's home.

Prosecutors say Lloyd had angered the NFL player at a nightclub a few days earlier by talking to the wrong people.

Hernandez, 23, was taken from his North Attleborough home in handcuffs on Wednesday morning.

About two dozen supporters cheered, some yelling, "We love you, Aaron."

Less than two hours after the arrest, the Patriots announced they had cut Hernandez, a 2011 Pro Bowl selection who signed a five-year contract last summer worth $40 million.

Lloyd was a 27-year-old athlete with the Boston Bandits who was dating the sister of Hernandez's fiancée.

He was shot repeatedly in the back and chest on a secluded gravel road, authorities said.

Hernandez "drove the victim to that remote spot, and then he orchestrated his execution," prosecutor Bill McCauley said.

Lloyd's family members cried and hugged as the prosecutor outlined the killing. Two were so overcome with emotion that they had to leave the courtroom.

If convicted, Hernandez could get life in prison.

Hernandez's lawyer, Michael Fee, asked for bail, saying Hernandez is not a flight risk. The judge ordered Hernandez held without bail.

THE ASSOCIATED PRESS

Quoted

"It is at bottom a circumstantial case. It is not a strong case."

Michael Fee, Hernandez's lawyer.

The puck drops. Teen hockey player charged with on-ice assault

A 17-year-old hockey player has been charged with assault causing bodily harm after an on-ice incident.

It happened during a game in Woodstock, Ont., police said Wednesday. It's alleged a player was assaulted by another player.

"The decision to lay a criminal charge was not taken lightly and was based on an objective review of the evidence, including video evidence, and on factually based legal opinions from the Crown attorney's office," said Woodstock police Chief Rod Freeman.

The 17-year-old who is charged cannot be identified. He is to appear in court on July 11.

THE CANADIAN PRESS

The sex scandal that apparently won't die

Maple Leaf Gardens abuse case. Gordon Stuckless now facing more than 70 charges as more complainants come forward

History has apparently caught up with the man at the centre of the Maple Leaf Gardens sex abuse scandal in Toronto.

Gordon Stuckless, 64, is facing more than 70 criminal charges after more men came forward alleging they were abused in their youth.

Stuckless turned himself in to York Regional Police, who laid a total of 23 new charges of indecent assault on a male, sexual assault and gross indecency.

Stuckless is facing 38 charges relating to 10 complainants in Toronto, and another 34 charges from York Region, where seven men have made complaints against him. The charges are for alleged offences between the 1960s and 1985.

Stuckless is set to appear in court Thursday in Toronto, where all of the charges are being tried together.

THE CANADIAN PRESS

Infamy

Gordon Stuckless was convicted in 1997 for sex assaults on 24 boys while he was an usher at Maple Leaf Gardens in Toronto between 1969 and 1988.

- He was originally sentenced to two years less a day, but this was increased to five years — he was out on parole in 2001.

The future?

Will more men accuse Stuckless?

Police believe there may be more alleged victims out there and are urging them to come forward.

Police allege Stuckless would befriend boys between eight and 12 years old and sexually assault them at locations around Toronto and north of the city.

Stuckless has not yet entered a plea.

THE CANADIAN PRESS

More than 70 charges have been laid against Gordon Stuckless. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Where's Snowden? Ecuador playing it cool over asylum

Moscow's main airport swarmed with journalists from around the globe Wednesday, but the man they were looking for, National Security Agency leaker Edward Snowden, was nowhere to be seen.

The mystery of his whereabouts only deepened a day after President Vladimir Putin said Snowden was in the transit area of Sheremetyevo Airport.

There were ordinary scenes of duty-free shopping, snoozing travellers and tourists sipping coffee but no trace of America's most famous fugitive.

Adding to the uncertainty, Ecuador's foreign minister said it could take months to decide whether to grant asylum to Snowden.

Ecuador says it could take months before it decides to grant asylum to America's most famous fugitive, Edward Snowden. THE ASSOCIATED PRESS FILE

Snowden, who is charged with violating American espionage laws, fled Hong Kong over the weekend and flew to Russia.

He booked a seat on a Havana-bound flight Monday en route to Venezuela, but didn't board the plane. His destination was believed to be Ecuador.

Putin insisted Tuesday that Snowden has stayed in the transit zone without passing through immigration and is free to travel where he likes.

But the U.S.'s move to annul Snowden's passport may have severely complicated his travel plans.

Exiting the transit area would require either boarding a plane or passing through border control, both of which require a valid passport or other documentation.

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Toss this idea around.
Humans learned to throw 2 million years ago: Study

It's a big year for throwing. The greatest closer in baseball history, Mariano Rivera of the Yankees, is retiring. Aroldis Chapman, the Cincinnati Reds reliever, continues to fire fastballs beyond 100 mph.

And now some scientists say they've figured out when our human ancestors first started throwing with accuracy and firepower: Nearly 2 million years ago.

That's what researchers conclude in a study released Wednesday by the journal Nature. The study contends that this throwing ability probably helped our ancient ancestor Homo erectus hunt, allowing him to toss weapons.

THE ASSOCIATED PRESS

A new study suggests the ability to throw hard and accurately first appeared in human ancestors 2 million years ago. THE ASSOCIATED PRESS FILE

Court ruling

Starbucks baristas ordered to share tips

Starbucks baristas must share their tips with shift supervisors, the state's highest court ruled Wednesday. The Court of Appeals found that shift supervisors do much of the same work as the coffee servers and therefore get to share in the tips. It also ruled that the company can deny those tips to assistant managers.

THE ASSOCIATED PRESS

Feminist activists

Topless protesters to be released from Tunisian jail

A Tunisian court Wednesday suspended prison sentences for three European activists who were jailed after a topless courthouse protest last month, their lawyer said. The three members of the Ukrainian feminist group Femen maintained during the trial it was only to support their imprisoned Tunisian colleague. THE ASSOCIATED PRESS

Texas senator becomes overnight sensation

Abortion bill. During marathon speech to block bill, senator's Twitter followers ballooned from 1,200 to more than 79,000

Reproductive-rights advocates celebrate the defeat of the controversial anti-abortion bill SB5 in Austin on Wednesday. ERICH SCHLEGEL/GETTY IMAGES; BELOW: CONTRIBUTED/DALLAS MORNING NEWS

The Texas state senator who stood and spoke for hours against some of the country's toughest proposed abortion restrictions quickly became a political superstar in pink tennis shoes.

Wendy Davis needed last-minute help from shrieking supporters to run out the clock on the special session of the Texas Legislature and kill the bill, but her old-fashioned filibuster speech earned her widespread praise — including a salute from President Barack Obama.

But Gov. Rick Perry on Wednesday called for the Texas Legislature to meet in a second special session to pass the abortion restrictions. The Republican governor can call as many 30-day extra sessions as he likes.

Davis, 50, was on her feet for more than 12 hours Tuesday — actively speaking most of that time while obeying rules against not sitting, leaning or taking breaks for meals or the restroom — in a marathon speech seeking to block a bill that would close nearly every abortion clinic in the nation's second-largest state.

As a midnight deadline loomed and the rare Democrat in a heavily Republican state continued to talk, political junkies from the U.S. and elsewhere tuned in via Internet. Suddenly, photos of the running shoes were everywhere, and #StandWithWendy was trending.

Obama's official Twitter account posted: "Something special is happening in Austin tonight."

THE ASSOCIATED PRESS

Taking a stand

- The bill would ban abortion after 20 weeks of pregnancy — a move other conservative-leaning states are making as they try to challenge the landmark 1973 U.S. Supreme Court decision that made abortion legal.
- The bill would close almost every abortion clinic in Texas. The provision that abortions be performed at surgical centres means only five of Texas' 42 abortion clinics are currently designated to remain in operation.

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Ousted Australian sworn back in as PM

Reborn. Former leader resigns after being booted by colleagues in party coup

Kevin Rudd was sworn in as Australian prime minister on Thursday, three years after he was ousted from the same job in an internal government showdown.

His office could not immediately confirm whether Rudd would replace his predecessor, Julia Gillard, in a visit to Indonesia that had been scheduled for next week. Gillard was dumped on Wednesday by colleagues spooked by the party's dismal showing in opinion polls.

Governor-General Quentin Bryce commissioned Rudd within half an hour of Parliament resuming for what is likely to be its last day before elections.

Rudd has yet to say when he will announce his complete cabinet after seven ministers resigned following Gillard's ouster.

Rudd faces a possible no-confidence vote in Parliament, which he will likely survive although a loss could trigger an election as early as Aug. 3.

Gillard tendered her resignation as prime minister on Wednesday night after losing a ballot of ruling parliamentarians to Rudd 57 votes to 45.

THE ASSOCIATED PRESS

Changing course

"We are on course for a catastrophic defeat unless there is change."

New Labour party leader Kevin Rudd, before a vote held to oust Julia Gillard

Ousted politician Julia Gillard speaks to the media. RICK RYCROFT/THE ASSOCIATED PRESS

Environmental Defence. Toxins found in blood of newborns, report shows

Detectable levels of a large number of environmental chemicals have been found in the cord blood of some newborns, raising concerns that Canadian children already carry toxins in their bodies at birth, a report says.

The report by Environmental Defence released Wednesday suggests babies are exposed to chemicals in the womb because pollutants are so pervasive both in the environment and in widely used consumer products.

They tested three anonymous newborns in Toronto and Hamilton, finding a total of 137 chemicals. THE CANADIAN PRESS

Sweet, sweet charity

Man with sword attacks motorist

A 25-year-old Pickering, Ont., man is facing charges after a pedestrian pulled a sword from his pants and threatened a driver he'd accused of blocking a crosswalk.

Police say a pedestrian crossing an intersection in Pickering began to yell at a motorist stopped at a red light for blocking his path.

Investigators say the pedestrian followed the car to a nearby plaza still yelling at the driver and then pulled a 60-centimetre sword from his pants and threatened the motorist.

The driver was able to wrestle the weapon from his attacker but was punched in the face.

THE CANADIAN PRESS

Canadian ship could be used in researcher's sasquatch odyssey

American researchers believe a high-tech airship created by a company in the Alberta hamlet of Lac La Biche could solve the mystery of the sasquatch once and for all.

Utah-based bigfoot researcher William Barnes is trying to raise $300,000 to buy a helium-filled airship that would quietly float over dense North American forests and use thermal-imaging equipment to film footage of the legendary — not to mention elusive — creature.

An official fundraising drive for the venture, which has been dubbed the Falcon Project, kicked off last Saturday in Oregon with an all-day symposium.

The project's founder said that after a personal encounter with a bigfoot in 1997 and more than a decade spent talking to sasquatch researchers, he came up with the idea to use unmanned aerial surveillance to record the fast-moving nocturnal primate.

"We don't want to bother them, we just want to study them," Barnes said.

That's where Stephen Barkley, president of Remote Aerial Tripod Specialists Inc. (RATS), fits in.

His company in Lac La Biche has designed the aircraft to be used for the ambitious aerial undertaking.

"If it wasn't for his (Barkley's) innovation of this type of airship, this would never work," Barnes said.

In his 15 years of running RATS, a business that provides blimps and airships for outdoor advertising and photography, the entrepreneur said this is one of the most extraordinary projects he's taken part in.

ANNALISE KLINGBEIL/ METRO IN EDMONTON

If $300,000 in funding is secured, researchers hope this camera-equipped airship, designed by a Lac La Biche, Alta., company, will photograph the elusive bigfoot. CONTRIBUTED/REMOTE AERIAL TRIPOD SPECIALISTS

Spotted

"I was scared. My heart was beating so hard I could feel it in my eardrums."

William Barnes, describing an encounter he says he had with a sasquatch

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Mobile market

Verizon's interest in Canada sends shares of big three tumbling

The impact of the potential arrival of American giant Verizon in Canada's cellphone market has left analysts divided, with some seeing benefits for consumers and others a lot of negatives.

Verizon, the largest U.S. carrier, has almost 100 million subscribers, easily dwarfing the combined 25 million held by Rogers Communications, Telus Corp. and Bell Inc.

News that it was in the market for some of Canada's smaller players sent the shares of the big three Canadian companies tumbling on Tuesday.

The Globe and Mail has reported that Verizon has made an initial $700-million offer for Wind Mobile and is starting talks with financially struggling Mobilicity. Both small carriers have just over 850,000 subscribers between them.

THE CANADIAN PRESS

The Canadian Cattlemen's Association said the shutdown at a Cargill plant near High River, Alta., shouldn't pose big problems for the beef industry unless it lasts for more than 10 days. GETTY IMAGES FILE

High River, Alta. Floods force Canada's largest beef plant to stop slaughtering

Flooding in southern Alberta has forced the largest beef plant in Canada to stop slaughtering cattle.

Cargill Ltd.'s facility outside High River depends on large volumes of clean water from the town's treatment plant, which hasn't been working since floods heavily damaged the community.

Brigitte Burgoyne, a company spokeswoman, said the meat packer stopped slaughtering cattle last Thursday and won't be able to resume until High River's water plant is fixed.

"We are hoping to get the process up and running in the next week or so, but we still don't have a clear date as to when that will be," Burgoyne said Wednesday.

"Due to the nature of this natural flood disaster, decisions related to the resumption of beef production are going to be made on a day-to-day basis until we are back in full operation."

THE CANADIAN PRESS

RetailMeNot offers Canadian website

Online deals. Coupon destination aims to create 'more relevant' experience for buyers north of the border

RetailMeNot.ca has coupons and specials from retailers including Aeropostale, Roots, Banana Republic, J.Crew, Lowe's, Sears and Starbucks. SCREENGRAB/RETAILMENOT.CA

Some savvy shoppers never complete an online purchase before launching a quick search to see if any money-saving coupons are available online.

The option to insert a coupon or promo code during checkout is a good hint that the e-tailer may be offering discounts to those in the know.

In the U.S. and other markets around the world, RetailMeNot — which logged more than 450 million visits globally in 2012 — is a top destination for finding those coupons.

And plenty of Canadians have also been using the search tool, even if it wasn't set up to offer discounts in Canada.

On Wednesday, the company announced the launch of RetailMeNot.ca, to better serve the scores of Canadians that have already been using the site in search of deals.

"We should've been here probably a while ago," said head of communications Brian Hoyt.

"We've had millions of visits from Canadian consumers coming to the U.S. site and quite frankly we were offering them a sub-optimal experience. Now we've created something that's more relevant to them."

Canadians who visit the site will see coupons and specials from retailers including Aeropostale, Banana Republic, J.Crew, Lowe's, Roots, Sears and Starbucks. Some deals aren't exclusive to the site and are the same specials consumers would see in a flyer or at a store's website. THE CANADIAN PRESS

*Offer valid until July 8, 2013. While supplies last. No rain checks. Selection may vary by store. Not all products available online. Not applicable on previous purchases. See store for details. **Pictures shown in frames sold separately. †Offer valid in b

Cash flow. Leading YouTube channels pull in six figures

It seemed like an Internet hoax to the parents of Laine Gleason when he signed a contract to make gaming videos on YouTube.

He was, after all, staying up to 5 a.m. at his parent's house on Vancouver Island, playing Call of Duty and making Internet videos about it. How was a second-year university drop-out ever going to make money, especially on the Internet?

"Career wise, it's going from just playing video games with your friends, uploading some silly videos to YouTube to, you know, a career. It's definitely been a mind-blowing experience for me," said Gleason, 23.

The top 1,000 YouTube channels are pulling in an average six-figure salary, earning an average of $23,000 a month, according to data compiled by MDG Advertising. Those same top-tier channels are generating a massive amount of activity online: 25 million comments and 55 million "like" ratings each month.

Gleason's channel, IAmTheAttack, boasts more than 170,000 subscribers. Many of his video game videos have more than 200,000 views. Online success aside, how much of that traffic is translated into real cash?

"To give you an idea, I've been supporting myself and my fiancée for the last two and a half years, just from YouTube alone," Gleason said.

His channel just barely cracks the top-100 list of YouTube channels in Canada by subscribers.

Further up the list are a number of channels with make-up and fashion tips, workouts, recipes, gaming reviews and recording artists.

Justin Bieber's account comes in second to the internet-sensations, Epic Meal Time, who now takes their over-the-top cooking show on the road and sells their own merchandise. TORSTAR NEWS SERVICE

By the numbers

$23K

The top 1,000 YouTube channels are earning an average of $23,000 a month, according to research by MDG Advertising.

Wellies and rucksacks mean its Glastonbury time

Gates opened Wednesday at a dairy farm in southwest England that will be hosting one of the largest music festivals in the world — Glastonbury Festival of Contemporary Performing Arts. While some arts and music festivals struggle to sell tickets, Glastonbury, now in its 43rd year, sold out in minutes before any of the headliners had been confirmed. The festival attracts more than 175,000 people over five days. MATT CARDY/GETTY IMAGES

Selling strategies

Care for some Coke on your cereal?

Get people to swap tea or coffee for soft drinks with breakfast — that's one of the strategies Coca-Cola's main bottler in Europe is targeting to boost sales in the United Kingdom.

Coca-Cola Enterprises Inc. issued a report last week identifying ways it can increase sales over the next five years in the region. One section called Complete the Meal says about a quarter of all drinks are consumed before 10 a.m. "How do we motivate people to make soft drinks, like smoothies, juices and other on-the-go products, part of their morning ritual in the same way as tea or coffee?" the report asks. THE ASSOCIATED PRESS

Market Minute

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TAKE THE ROAD LESS ARGUED

HE SAYS

John Mazerolle
metronews.ca

As I get older, I fear I may be slipping into the deep, dark abyss of bright, easy vacations.

The horror, the horror.

I'm in Amsterdam at the moment, and it's about as easy as it gets, unless you're allergic to bicycles, fear small serving sizes and can't tolerate tolerance. (Toronto Mayor Rob Ford would hate it here.)

I've always prided myself on my ability to fling myself into strange places with just a tent and a backpack and my wits — all three smaller than you might imagine. But more and more often when I travel I find myself striving for the easy way in. Niagara Falls, not Victoria Falls. Hotels, not hostels.

It makes me vaguely sad, and has me worrying I'll regress into that guy on the tour bus with the Hawaiian shirt asking if "you all get McDonald's around here."

I've been having a running debate with myself during this trip about the "right way" to travel. If you've never been to the Munk Debates, it's just like that. If you have been to the Munk Debates, never mind.

It goes like this:

Easy: Vacationing should be easy, duh. That's why it's called a vacation. Probably. I'm lying here on vacation and I'm too lazy to look it up.

Hard: Get up, you sack of suet. Travelling should be a challenge. I can relax at home. I see Facebook cover photos of people's toes on beaches and their feet scream at me like Chekhov's gun. Use them before it's too late!

Easy: Gee, you sound like a blast to travel with. If you have the means to enjoy yourself, do it. Don't deny it because of some misguided need to feel cool. You're like the guy who orders suicide wings just to say you did, even if it's as enjoyable as getting a live chicken to peck at your face.

Hard: At least that's a story to tell. You have a whole world to explore, full of wonders and dangers and excitement, and when you come back all you'll be able to say to people is that it was "nice."

Easy: It isn't always easy. I just paid four euros for 200 millilitres of Pepsi. Who wants 200 ml of anything?

Hard: Well, that's certainly worthy of Jacques Cartier. Do you think you'll be OK?

Easy: You're such a snob.

Hard: Snob?

Easy: Snob.

(Reminder: Just like the Munk Debates.)

Easy (cont.): You treat travelling like a private club, where the only people deemed worthy are ones who have seen enough to be considered cool, like there's a velvet rope around developing countries or something. I don't need a VIP ticket to see the Earth, snob.

Hard: You know what's snobby? Expecting to be waited on hand and foot by people making crap money while you lounge around doing nothing. All you need is a vomit bucket and you're Julius Caesar. And from what I've heard about cruise ships, you might need that bucket.

Easy: I don't want to argue anymore. I'm on vacation.

Hard: I'd rather be challenging myself anyway. Let's get a drink.

Easy: 200 ml of Heineken would go down easy. You're paying.

Hard: That's what I'd prefer.

(Reminder: If you'd like a transcript of this important debate, you should get out more.)

ZOOM

One way to get ahead in life

SAN ANTONIO ZOO/THE ASSOCIATED PRESS

Two-headed turtle makes its debut

Thelma and Louise, a two-headed Texas cooter turtle, is seen at the San Antonio Zoo. Zoo officials on Tuesday said the Texas cooter was born June 18.

The turtle was one of several Texas cooters born this month at the zoo, but the only one with two heads. The zoo is no stranger to two-headed reptiles. The facility was home to a two-headed Texas rat snake named Janus from 1978 until the creature's death to 1995.

THE ASSOCIATED PRESS

Let's put our heads together

- Zoo spokeswoman Debbie Rios-Vanskike said the two-headed turtle appears healthy and is able to swim and walk. She says experts at the zoo don't foresee any health issues for Thelma and Louise, named for the female duo in the 1991 Oscar-winning road movie of the same name.

Clickbait

LUKE SIMCOE
Metro Online

Are you tired of composing text messages with 26 measly letters and a few punctuation marks? Give these apps a spin to add some visual flair to your texting game.

Emoji:

While most North Americans are familiar with the iconic :-) smiley face, Japanese texters have taken pictographs to a whole new level. Newer iPhones actually have a built-in emoji keyboard (you just have to enable it under the international keyboards setting), but there are a host of apps available for Android users and Apple laggards.

SMS Rage Faces:

Popular on social sites like Reddit and 4chan, these pictures can be used to express the full gamut of online emotion, from rage at reading the comments section to the shock and awe of a cute cat gif. The iOS edition even integrates with your camera to let you stick pics on top of your friends' faces.

Look of Disapproval:

Similar to Rage Faces, this app lets you copy and paste all kinds of unicode emoticons into your texts. From Big Ears Sad Look to Hitler Look Of Disapproval, there's something for everyone.

Twitter

@metropicks asked: Coca-Cola will try to get Brits to swap their morning coffee for pop. Would you make the switch?

@theunshakable1: Why? The British bad teeth stereotype isn't bad enough? Really trying to drive that point home...

@FrenchmanCanada: Totally! I've always wanted to be morbidly obese and contract diabetes.

@LauraBabcock: barf

@GiseleLumsden: Really? Eww

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There's no Love lost between Courtney and the rest of the world

Unfinished legacy. The rocker has choice words for promoters, former bandmates and, well, just about everybody else

PAT HEALY
Metro World News

When interviewing Courtney Love, you don't want to upset her, especially within the first minute.

We begin innocuously enough by asking about her current tour, which we saw listed on one venue's website as, "Courtney Love performing songs from Live Through This, Celebrity Skin & Nobody's Daughter including Violet, Miss World, Celebrity Skin, Malibu, Skinny Little Bitch & More!"

This is news to her, and she vows to let the responsible parties know her thoughts. "I'm gonna tear someone's f—ing head off," she says.

Through all of the tangents the rest of the call takes — and it takes many, from Rod Stewart to investment strategies — she keeps returning to this new info.

And whatever commentary isn't about how her show was advertised is peppered with similar bitterness.

Backstage Pass

Due to the flooding, there is no Backstage Pass this week. It will return next week.

"If you want to see something really miserable, watch that Pixies reunion frickin' documentary," she says at one point.

Love insists this tour is not a greatest hits show. She says she has an album's worth of new material recorded and will be drawing from those songs.

"I'm not playing the singles though, which are the funnest ones," she says. "I don't want them to leak."

The Hole story

Go on, take everything!

- Love says that since her last full release, the 2010 Hole album Nobody's Daughter, she has given up the Hole moniker and the idea of any sort of reunion with the formative lineup, which included drummer Patty Schemel, guitarist Eric Erlandson and bassist Melissa Auf der Maur.

- "I would be happy — as much as I love Shawn (Dailey, bassist) — to take Melissa back, but Melissa won't do it unless Eric does it, and I'm not doing it with Eric," she says at an uninterruptible pace. "I just won't do it. The guy went into my storage, took 74 guitars out of storage, took my entire backline, which is Kurt's backline, so one side says Hole, the other side says Nirvana. ... I'm about to start pressing charges against him on like, robbery, a whole bunch of criminal matters."

Those happy party-goers in the back may not stay so smiley if Courtney decides to aim her ammo at them.
GETTY IMAGES

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Sitcom veteran's return will make for a good Knight

The Exes. Seinfeld's Newman and Jurassic Park's Dennis Nedry may define Wayne Knight but there is more to his career and him than those nasty guys

MATT PRIGGE
Metro World News in New York City

Wayne Knight will star alongside former Third Rock From The Sun co-star Kristen Johnston in The Exes. GETTY IMAGE

Wayne Knight's legacy is sealed, thanks to two major contributions to 1990s culture: Newman on Seinfeld and greedy Dennis Nedry in Jurassic Park. Knight returns to sitcom work with TV Land's The Exes, now starting its third season, which also reunites him with his Third Rock From the Sun co-star Kristen Johnston. But like many old workhorses, there's more to him, including films, shows and Broadway work. For instance, did you know he was on a 1980s sketch comedy show with Emma Thompson?

What's it like returning to sitcoms?
Basically the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable, and it takes little effort.

You've said one thing you like about your Exes character is he's a bit opaque, and you can play him in different ways.
This season we get to see a bit more variance. We peel away revelations about what his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times. There's cynicism. It just depends on where he is in the plot.

Do you consciously try to avoid some of the darker tones of Newman or Dennis Nedry?
It's more in the public's eye than mine. I don't know if I'm as versatile as I'd like to pretend (laughs). The thing is if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 19 years trying to change that, but after awhile you just go, "Oh, whatever."

Do you have a strong rapport with your cast mates?
Everyone assumes that when you're doing a show with people, you're intimate and you're going to go over to their house and you go out on a boat together. That's not necessarily the case. Often times you'll have the wolf and the sheepdog thing — "Hi, Ralph," "Hi, Fred." Then you go home. I find that everything on this set gets along. We have great respect for each other.

You started as a serious stage actor when?
I came to New York at 23, and was on Broadway for this play Gemini, which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me (was) learning how an audience works. You just learn these things about comic timing.

One of your earlier shows — the 1985 British-American sketch comedy Assaulted Nuts — had you working with Emma Thompson. What was the experience of that show?
It was an interesting thing, partly because Emma Thompson was in it. This was before she became Dame Emma. We're still friends, because I just think when you find somebody like that you try not to let them go. It was three British actors and three Americans and it was airing simultaneously on Cinemax and Channel 4 in Britain. It sunk in the middle of the ocean, because you're trying to combine British and American sensibilities. I don't know if it worked, but it was fun to do.

As far as films, you were in two separate Oliver Stone movies: Born on the Fourth of July and JFK.
I had very little to do in Born on the Fourth of July. I had to push Tom Cruise into the Democratic Convention with John C. McGinley. We did this improv as we were shoving him through. I think Oliver was impressed I kept up with John C. He's just a verbal gymnast.

What was Stone like?
It's kind of like if you drank a bottle of booze and woke up from a fetid, sweaty dream, and there was somebody in the room. That would be Oliver Stone (laughs). You respect him and are frightened of him.

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This Week		Last Week	Weeks on List
★ 3.	EYE OF GOD James Rollins	-	1
4.	THE GREAT DEGENERATION Niall Ferguson	4	2
5.	REVENGE WEARS PRADA Lauren Weisberger	5	4
6.	ZERO HOUR Clive Cussler	6	5
7.	SILVER STAR Jeannette Walls	3	3
8.	ONE HEART TO WIN Johanna Lindsey	8	3
★ 9.	BEAUTIFUL DAY Elin Hilderbrand	-	1
10.	DELICATE TRUTH John Le Carré	10	8
11.	THE SECRET RACE Tyler Hamilton	11	2
12.	FLIGHT OF THE EAGLE Conrad Black	12	6
13.	KILL ROOM Jeffery Deaver	7	4
14.	WAITING TO BE HEARD Amanda Knox	14	2
15.	TRANSATLANTIC Colum McCann	15	4
16.	WILD Cheryl Strayed	16	13
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	10
18.	RED SPARROW Jason Matthews	18	3
19.	BEST KEPT SECRET Jeffrey Archer	9	9
20.	DOUBLE CROSS Ben Macintyre	20	7

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 2nd
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Keep fit, have fun and win at all costs with Body Break

Hal Johnson and Joanne McLeod of Body Break fame. THE CANADIAN PRESS

The Amazing Race Canada. Married pair who spent 25 years encouraging Canadians to be fit compete in the frantic, stressful reality show

For 25 years, Hal Johnson and Joanne McLeod have been a relentlessly cheerful presence in Canadian homes through their brief Body Break fitness vignettes — chipper little missives designed to get Canucks sweating with a smile.

Well, now that the couple has signed up to be contestants on the intense cross-country competition The Amazing Race Canada, things might change. Viewers will now likely see Johnson and McLeod when they're exhausted. And when they're stressed. And perhaps even when they're — gasp — fighting?!

"It's funny with social media because there's been so many people tweeting and putting on Facebook and that sort of thing: 'Are Hal and Jo going to fight? I don't want to see them fight!'" said Johnson with a laugh in a recent interview prior to taping the reality series, seated next to a smiling McLeod. "You know, I think the biggest thing is we respect one another first."

"We don't do that in our real life," agreed McLeod.

"So what you see in Body Break is certainly a part of us. It's not all of us," added Johnson. "You're going to see us tired. You're going to see us in different situations that we've never done before. But I don't perceive that we would fly off the handle — because I just never do that."

Indeed, the couple is speaking several weeks back just prior to taping of the race-around-the-country competition (the show premieres July 15 on CTV). In the adjacent room, the pairs that Johnson and McLeod will face off against are scattered about, sitting quietly under strict instructions not to speak to each other. It's a tense scene.

But Johnson and McLeod are all smiles. They said taking this challenge on seemed like fortuitous timing, given that they're celebrating a quarter-century of Body Break. Similarly, Johnson and McLeod have spent their lives trying to inspire Canadians to activity — and now they see an opportunity to prove what's possible at an, ahem, advanced age. Johnson is 57 and McLeod 54, and they have something to prove.

"There are some teams in this race that their cumulative age does not add up to mine," laughed Johnson, who played college baseball for the University of Colorado. "Really, it's about showing that it doesn't matter how old you are. You can go out and do anything."

Listening to Johnson and McLeod strategize, it's clear they intend to win. Johnson also points out that they've been plastering their clothes and gear with the Body Break logo, to increase the odds that they're recognized and — they hope — helped along by star-struck fans in a way that other teams wouldn't be.

The show's executive producer, John Brunton, marvels that the presence of the pair represents "spectacular casting," calling them "special (and) unique."

Still, he shrugs off the idea that their celebrity could give them a leg up in the competition, where bewildered competitors often have to rely upon the kindness of strangers for a nudge in the right direction.

"I think it can work to your advantage and disadvantage sometimes and some people might want to send them on a wild goose chase because they might get a kick out of it, and others might want to help them," said the Insight Productions CEO.

"Certainly, the other teams have made it perfectly clear they want to kick their ass. And Hal and Joanne aren't exactly spring chickens either. They're getting on a little bit. They're not exactly senior citizens, but they're inching their way there. And we have some young bucks that think they can run faster."

Among the young bucks are the duo of 28-year-old David Schram and 32-year-old police officer Jet Black, a two-time North American Physique champion. But, growing up as they did in the late '80s-early '90s, they had only love for the famous Body Break pair. "They're a team that I would love to work with — they seem nice," Black said, smiling. "Are they a team that's going to want to work with us? I doubt it. They have an image to uphold. We're going to weigh them down. ... It's a sad reality." THE CANADIAN PRESS

No Jekyll and Hyde here

"But I don't perceive that we would fly off the handle — because I just never do that."

Hal Johnson, husband of Body Break partner Joanne Mcleod.
On why him and his wife won't argue during The Amazing Race Canada.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston engagement on the rocks over East Coast row

Wedding bells may not be ringing after all for Jennifer Aniston and Justin Theroux, as their marriage plans have reportedly stalled due to a dispute over where to live, according to Radar Online.

"He suggested the couple could live in New York City part-time, no more than six months a year," a source says.

"Justin misses the Big Apple and his friends. His entire life was in New York, and he uprooted his entire life to move to L.A. to be with Jen. He thinks it's time Jen start to compromise, but she is absolutely refusing to live on the East Coast, even part-time."

The Word

Brown continues bumbling his way around

Jeez, rough week Chris. Just two days after being accused of assaulting a woman in a San Diego nightclub, Chris Brown has been charged with a hit and run as well as driving without a license by the Los Angeles City Attorney's office, according to E! News.

On May 21, Brown allegedly struck another car but refused to give his driver's license number and fled the scene.

His arraignment is set for July 15, and he faces up to six months in jail and a $1,000 fine for each offense. It's unclear how the new charges will effect Brown's ongoing probation for his assault of Rihanna.

Victoria Beckham

No acting experience, no problem

Victoria Beckham thinks her husband, David, can do anything — even be the next to play James Bond.

"I think you would be really good at acting. I think you'd be great," Victoria tells David during a joint interview with Chinese news station CCTV. "I think he should be James Bond. He'd be a good James Bond."

David isn't so sure another career is exactly what he needs right now, though.

"I have some friends who are actors," David says. "Tom Cruise is a very good friend of ours. But I don't think I have any plans to become an actor. I'm not sure I'd be very good at it."

REPLAY

Heidi Klum

Klum committed to making Seal extinct

What's more final than a divorce agreement? How about getting a tattoo removed. Heidi Klum is apparently really, truly done with ex-husband Seal, as recent photos of the model seem to show that she is in the process of removing a tattoo on her forearm that she got in 2008 to commemorate their fourth anniversary, according to Splash News. The tattoo is a stylized design of Seal's name, along with the initials of the three children they share.

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Wave goodbye to boring

You've got it braid. Sweating the summer 'do dilemma? Weave together a Hollywood mane-stay and every hipster's must-have hairstyle.

TINA CHADHA
Metro World News

You love the Veronica Lake waves actresses such as Jessica Alba and Jessica Chastain sport on the red carpet, but you just can't get over a dreamy braid crown, either (especially as temperatures continue to rise). Jenny Balding, styling and grooming expert at Cutler/Redken Salons, says to combine the two.

She shows us how to create a modern version of the popular retro trend by adding an oh-so-now braid to the mix.

"It's rock 'n' roll with the braid," says Balding. "And it's a way of getting the hair off your neck without having to do an updo."

Bring on the outdoor weddings!

Jessica Alba sweeps it to the side while Jessica Chastain brings her red hot tresses to the red carpet. GETTY IMAGES

Hairdo how-to

- Create a deep side part.
- Blow out your hair with a big round brush to give it volume.
- Using a 1-inch barrel curling iron, curl your whole head, working from mid-length to the ends only. Hold the iron vertically and wrap small sections of hair around the barrel toward your face. Only when doing the front of the hair, or bangs, wrap your hair around the barrel away from your face. Balding uses Redken's Fashion Works 12 for texture and grip.
- Once the hair has cooled, use a boar bristle brush to gently brush out curls.
- Next, section off hair underneath the part. Working at an angle, French braid the section halfway down the hair. Tie the braid with a clear elastic, such as Snag-Free Hair Elastics from Sephora, and sweep it across your shoulder underneath the waves.

Pre-style secrets

- Wash your hair the night before so it's clean but lived-in a little.
- Before starting, apply a volumizing lotion to the roots for body. Balding uses Redken's Rootful 06.
- For a polished finish, add a drop or two of argan oil from mid-length to ends.

Vogue's The Wedding Guide.
VOGUE / THE ASSOCIATED PRESS

Here comes the guide...

There are the stylish brides who wear the beautiful gowns and have their hair and makeup just so, and there are the stylish weddings, where everything from the bridal ensemble to the parting presents has the touch that makes it all seem special.

Vogue.com put together a wedding guide just in time for all those summer nuptials. The Associated Press asked editor Jessica Sailer Van Lith to put together a list of signs that the affair will be one to remember:

It's personal
The wedding, from beginning to end, should seem like it belongs to the bride and groom, not like they've plugged into someone else's dream.

They've gone local
Couples can embrace the place they were so thoughtful in choosing by offering touches of local cuisine, decor or music.

The bride looks like herself
She shouldn't look for a "perfect dress" because there are too many of those, says Sailer Van Lith. What a bride should want is the right dress, and from there it should be easy to pick everything that goes with it, she says.

THE ASSOCIATED PRESS

Fashion in a flash

There's a Rachel for that

Rachel Zoe is expanding her empire with a fashion app. The stylist/reality star/designer has partnered with social gaming company Crowdstar to launch Covet Fashion, a game that allows users to style virtual mannequins with current-season designer duds. METRO

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With the fab Bonnie. Rooks and @StevenAndChris @DesignExchange. For the opening @LouboutinWorld

Time for Tea! A fund-raiser for St. Mary's U. #NovaScotia My hat is by Toronto's David Dunkley.

One-minute miracle

The Sun

$35 (43 ml), lush.ca

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Ashley Kowalewski
TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Trends Report

- The Internet has turned many of us into virtual fashionistas, but with so many websites to navigate, online deals can be hard to keep track of. Go to Trends Report to learn more about how a Vancouver-based tech startup has created a tool to help organize all your virtual shopping trips.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetroIreneK

The Kit

Canadian street style

Spotted in: Toronto

Jenni
Music teacher
Age:26

What she's wearing
Sele floral dress, vintage leather purse (from her Nona's closet), American Eagle shoes, H&M sunglasses and belt.

Her inspiration
"The weather and comfort. I like feeling fresh and being comfortable in what I am wearing. In the summer you can always find me in a dress, right now my closest consists of only summer dresses!"

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NOT ALL CREDIT CARDS ARE CREATED EQUAL

These days, most credit cards are enhanced with points programs designed to give customers something extra for their dollars spent. But when it comes to premium travel rewards, RBC Infinite Avion card is a step above the rest.

"Avion really brings the statement 'not all points are created equal' to life," says Andrea Metrick, director, retail credit cards, RBC.

Avion offers unmatched travel benefits with a policy of "any flight, any airline, anytime."

"Clients can easily redeem their points for travel even during peak times like March break," Metrick says. "There are no blackout periods or seat restrictions. And your points won't expire, so you can save up for a really big trip if you choose. This really resonates with our cardholders."

What do clients like most about Avion?

"Our customers are busy people who appreciate ease and convenience, but they also want flexibility and choice when it comes to redeeming their RBC Rewards points for travel and other rewards," Metrick says.

Clients have the option of converting points to WestJet dollars, British Airways Avios, American Airlines AAdvantage miles, Cathay Pacific Asia Miles, Shoppers Optimum Points, or Esso Extra Points.

Another advantage is the ability to earn bonus points for any travel-related purchase (flights, hotels, car rentals, etc.).

"Instead of the usual one RBC Rewards point for every $1 spent, you get an extra 25 per cent for travel purchases," Metrick says.

"Customers can earn points even faster when shopping online through the RBC Rewards eMall, an exclusive e-commerce site where they can access more than 250 Canadian and U.S. retailers and earn points up to five times faster.

"Avion also provides great opportunities to use points for merchandise, gift cards and RBC financial rewards," Metrick adds.

For example, a customer can convert their points to top up an RRSP or pay down an RBC loan or line of credit.

"It's this kind of flexibility that really puts Avion cardholders in the driver's seat."

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Late '70s punk style hits home

Never had the courage to be a punk-rocker in high school? Well here's your change to add a bit of alternative attitude to your life; this time it's not in the form of your clothing, but your home. Think British flags, acid wash, skulls, neon, black and white. Punk decor is one of the most glamourous decorating trends happening today, so get with the trend this time around!

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A mix-matched flag motif adds a bit of British punk to your floors. Hey Jack carpet tiles. $18 each. FLOR.COM

Black, white and grunge all over; just add neon coloured sheets for a punk vibe. Graffiti 5-Piece Comforter Set, $70. HOMESENSE

Pricey but very designer-punk-chic! Porter Teleo's hand-painted Floral Graffiti Wallpaper, $52 per square foot. PRIMAVERA.COM

Shed some light punk-rock style, and paint the room all black while you're at it. Modern Switch's Skull Decor Light Switch Cover, $11. ETSY.COM

Mid-century modern gets the rocker denim treatment. Chichester Accent Chair, $1,600. DECORIUM.COM

Pretty in pink — punk style. Large Insightful Skull Candle, $48. URBANOUTFITTERS.COM

A rebellious art school dropout now making it big, Suzanne MacRury's Black & Red Slash 36x60 mixed media painting, $3,200. AGO.NET

Be the hippest (and driest) rebel around, Pasotti Skull and Crossbone Umbrella, $195. RAINDROPSTO.COM

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Tired steak kebobs, make room on the barbecue for a new Syrian twist

1. With a vegetable peeler, peel the eggplants lengthwise in strips, leaving strips of skin between each peeled strip. Then cut the eggplants into rounds 1 1/2 to 2 inches (4–5 cm) thick. Set aside.

2. In a bowl, mix the meat, dakka and salt. Preheat the barbecue. Oil the grill well with vegetable oil. Make little meatballs about the same size as the eggplant rounds.

3. Skewer the eggplant rounds and meatballs alternately onto the skewers, slightly flattening the meatballs between the eggplant slices as you do so. Grill for 8 to 10 minutes on each side, until the eggplant is tender. Serve hot with pita and bell peppers or hot peppers.

4. For a softer flavour, precook the eggplant and meatball skewers on the barbeque. Remove the eggplant rounds and meatballs from the skewers and arrange them on a buttered baking dish. Dot with butter. Add 1/2 cup (125 ml) of water. Cover and bake in the oven at 350 F (175 C) for 30 to 45 minutes. **RECIPE PRINTED WITH PERMISSION FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE BY DALAL KADÉ-BADRA AND ELIE BADRA (WHITECAP)**

Ingredients

- 12 long, narrow eggplants
- 1 1/2 lbs (750 g) ground lamb or lean ground beef
- 2 tsp (10 ml) ground dakka
- 2 tsp (10 ml) fine salt

Dakka

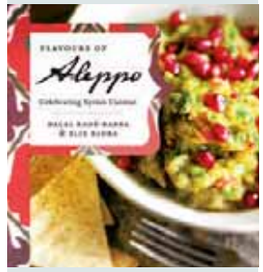
Dakka is a mix of spices. In Flavours of Aleppo, dakka boasts allspice (40 per cent), ground black pepper (30 per cent), crushed cinnamon (10 per cent), whole cloves (10 per cent), whole green cardamom (5 per cent) and ground nutmeg (5 per cent).

Kebobs and Eggplant

This recipe serves four to six people. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

Cookbook of the Week

A unique cuisine



In Flavours of Aleppo: Celebrating Syrian Cuisine, Dalal Kadé-Badra and Elie Badra explore the cuisine of the country's second largest city.

Turkey, Greece, Armenia and the rest of the Levant have influenced Aleppian cuisine so the book includes versions of many classic Levantine dishes such as kabob, kibbeh (bulgar, onion and ground meat) and mezzes.

Also among the recipes are nearly 100 meat and vegetarian main and side dishes, barbecue bites, desserts, sweets and even drinks. **METRO**

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- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

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This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Lose the skewer and rethink Surf and Turf

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, then grill 5 minutes per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. THE ASSOCIATED PRESS

Ingredients

For the steak
- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

For the ceviche
- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed

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Grilled Portobello 'Dog'. Tasty mushroom creation is a fungi to BBQ with

You don't need meat for a BBQ dinner. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

NICOLE MACPHERSON
YummyMummyClub.ca

1. Start by placing the mushrooms in a shallow bowl.

2. Whisk together olive oil, vinegar, garlic, and honey; pour over mushrooms and marinate for 2-3 hours.

3. Grill over a hot barbecue for about 10 minutes. Spread cheese on buns; slice mushrooms lengthwise and arrange inside bun. If desired, drizzle with leftover marinade. YUMMY-MUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 2 Portobello mushrooms, stems and gills removed
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon honey
- Whole wheat hot dog/ sausage buns
- Goat cheese or cashew cheese

EVENTS, SHOWS, PLACES TO GO

CANADA DAY

July 1

Events are happening across the city this Canada Day. Visit the City of Calgary website for updated information. calgary.ca

SPRUCE MEADOWS NORTH AMERICAN TOURNAMENT

July 3 to 7

The tournament draws show-jumping athletes and horses from across the Americas. Enjoy events, family entertainment and shopping. sprucemeadows.com

AFRIKADEY! 2013 WORLD MUSIC FESTIVAL

August 7 to 10

This four-day festival showcases African music, dance, visual and literary arts, as well as cuisine. afrikadey.com

CALGARY STAMPEDE

July 5 to 14

Calgary's signature event returns. From tournament-style rodeo and chuckwagon races to concert shows, agricultural exhibits and the midway, the Stampede has something to entertain everyone. calgarystampede.com

FIESTAVAL

July 20 to 21

Family-oriented, fun and free, Fiestaval celebrates Latin American culture right here in Calgary. fiestaval.ca

CALGARY FOLK MUSIC FESTIVAL

July 25 to 28

The Calgary Folk Music Festival features nearly 70 artists from 14 countries on seven stages. This year's performers include Alabama Shakes, Hayden and Steve Earle. calgaryfolkfest.com

CALGARY INTERNATIONAL BLUES FESTIVAL

August 1 to 4

This festival boasts late-night dance parties, a beer tent and non-stop mainstage performances from the likes of Sista Monica, Tom Lavin & the Legendary Powder Blues, and Martha Reeves & the Vandellas. calgarybluesfest.com

CONTRIBUTED

CALGARY FRINGE FESTIVAL

August 2 to 10

The festival features 27 local, national and international theatre productions — each one a celebration of creative freedom. see.calgaryfringe.ca

CALGARY REGGAEFEST

August 14 to 17

Reggae is popular the world over — and thanks in part to ReggaeFest, Calgarians have been enjoying it live for 10 straight years. This family event features performances by Canadian and International reggae artists. reggaefest.ca

GLOBALFEST

August 16 to 25

GlobalFest has something for the whole family. Fireworks, cultural pavilions, food booths, three stages and much more. globalfest.ca

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NHL

'Warrior' Bergeron in hospital with punctured lung

Patrice Bergeron has a punctured lung and is at a Boston-area hospital for observation.

The Bruins forward was admitted Monday night, after Boston lost to Chicago, 3-2, in Game 6 of the Stanley Cup final. Bruins GM Peter Chiarelli and coach Claude Julien addressed Bergeron's status Wednesday.

"He played through all of this, and he was a warrior," Chiarelli said. "I can't say enough about his performance and what he did while being injured."

THE ASSOCIATED PRESS

MLB

Dickey deflates Rays in Tampa Bay

R.A. Dickey pitched a two-hitter for his first complete game of the year, Jose Reyes went 0-for-4 in his return from a two-month layoff and the Toronto Blue Jays beat the Tampa Bay Rays 3-0 Wednesday for their 12th win in 14 games.

THE ASSOCIATED PRESS

Wimbledon

Federer falls on chaotic Day 3

Seven-time champion Roger Federer was stunned by 116th-ranked Sergiy Stakhovsky in the second round of Wimbledon on Wednesday, his earliest loss in a Grand Slam tournament in 10 years.

The 27-year-old Ukrainian outplayed Federer, serving and volleying his way to a 6-7 (5), 7-6 (5), 7-5, 7-6 (5) win in one of the biggest upsets in Grand Slam history. The result capped a chaotic day where seven players were forced out by injuries, and Maria Sharapova fell in the second round. THE ASSOCIATED PRESS

CFL opener

"My whole goal is to go out there and lead my team to another championship."

Three-time Grey Cup winner Anthony Calvillo, whose Montreal Alouettes kick off the CFL season Thursday night in Winnipeg against the Blue Bombers.

Stampeders quarterback Drew Tate hands the ball off to running back Jon Cornish during pre-season action against the Roughriders last Thursday in Regina.

LIAM RICHARDS/THE CANADIAN PRESS

Grey Cup loss gives Stamps extra drive

CFL. 'Getting there and actually losing the game, it gives you more motivation to get back and win it,' Glenn says

After losing 35-22 to the host Toronto Argonauts in the 100th Grey Cup last year, linebaker Juwan Simpson says the Calgary Stampeders expect to take the next step and become CFL champions this season.

"We're ultimately working for one goal and that's to win the cup," said Simpson. "I'm a confident person. I think the rest of the guys are just as confident."

Veteran quarterback Kevin Glenn, who completed 14 of 27 passes for 222 yards, no touchdowns and one interception in last year's Grey Cup against the Argos, said he definitely wants a shot at redemption.

"Even getting there and actually losing the game, it gives you more motivation to get back and win it," Glenn said. "That's our ultimate goal, but we've got to take it one game at a time."

Glenn was thrust into the starter's role last season in place of injured starter Drew Tate. He didn't disappoint, completing 325 of 487 passes for 4,220 yards and 25 TD passes in the regular season. His completion rate of 66.7 per cent was the best of his 12 CFL seasons.

Although Glenn, who turned 34 on June 12, is slated to back up Tate to start the season, he's keeping a positive attitude and preparing as if he could be called upon for his services at any moment.

Meanwhile, Tate wants to put last year's nightmare behind him. After guiding the Stamps to a win over the Alouettes in the season opener at home, Tate dislocated his left shoulder during a Week 2 loss in Toronto. He returned to play in the last two games of the regular season but fractured a bone near his wrist in Calgary's West Division semifinal win over the Saskatchewan Roughriders.

Tate has refused to let those setbacks deter him.

"If you try to alter your play based on not getting hurt, you're just going to affect your game and you're not going to be playing at the highest level that you can be playing," Tate said. "You just hope that you've got somebody watching over you every time you fall and that's about it."

Starter's mentality

"You have to prepare and prepare as if you're going to play and start. I think that's better to do it that way. It keeps you focused during the game on helping the other guys that are playing out there."

Stampeders QB Kevin Glenn, who led Calgary to the 2012 Grey Cup game after being thrust into the starter's role when Drew Tate was injured in Week 2.

2013 kickoff

The Stampeders' season gets underway against the B.C. Lions on Friday night at McMahon Stadium (8 p.m., TSN).

Whether it's Tate, Glenn or third-stringer Bo Levi Mitchell at the helm of Calgary's offence, they'll have plenty of weapons at their disposal.

Jon Cornish was the CFL's most outstanding Canadian last season after leading the league with 1,457 rushing yards to break Normie Kwong's 56-year-old single-season record.

The Stamps also boast a talented receiving corps, which will be led by veteran Nik Lewis (100 catches last year, 1,241 yards and 10 TDs), Marquay McDaniel (53 catches, 744 yards and three TDs), Maurice Price (18 catches, 405 yards and three TDs) and Joe West (24 catches, 353 yards and two TDs).

"I'm very optimistic," Tate said. "I said this before camp that I've never been on a team with as much talent at the play-making positions that we have this year. As a quarterback, you can't ask for anything more."

THE CANADIAN PRESS

4 SPORTS

Sutter back with the juniors

Hockey Canada. Two-time champ returns to coach team that hasn't won gold since 2009

Bob Nicholson is looking to a familiar face to restore Canada's world junior hockey supremacy.

The president of Hockey Canada announced Wednesday the return of Brent Sutter as the head coach of the Canadian national junior team. The Red Deer Rebels coach, GM and owner will be joined by assistants Benoit Groulx and Ryan McGill at the 2014 world championship in Malmo, Sweden.

Canada has dominated the world junior event winning 28 medals overall, including 15 gold. But Canada last won it all in 2009 in Ottawa — the final of five straight gold medals — and last year in Russia finished fourth and out of the medals for the first time since '98.

"We've done a lot of work analyzing what the other countries are doing," Nicholson said during a news conference in Toronto. "It's a step-by-step process and Brent Sutter is going to come back and coach this junior team and it will be about first day of camp, second day of camp, third day of camp....

"It won't be about getting to world junior championship, it will be about a process to make sure everyone buys into that. If we do that in the proper way, with all the new people there to help, that will put us in a good position."

Sutter, 51, from Viking, has coached Canada in international competition on four previous occasions, most recently at last year's world hockey championship. He guided Canada to world junior gold in 2005 and 2006 and said Canadians must understand other world junior countries have improved.

"It's not like Canadian hockey has totally dropped off the map," Sutter said. "Canadian hockey is still very elite but it's just other countries have closed the gap on us.

"Every game you play now is a highly competitive game at this level. There's no certain thing that you can sit there and say, 'We have to drastically change this or that.' That's not the case at all. It's how do you get above the line, how do you stay above the line, how do you stay at where you want to get to and get to your ultimate goal and how do you accomplish that?"

Canada's national junior team will gather in Brossard, Que., for practices on Aug. 4 and 5, before playing exhibition games in Lake Placid, N.Y., against Finland (Aug. 7), Sweden (Aug. 8) and the U.S. (Aug. 10). THE CANADIAN PRESS

Quoted

"We all know what our ultimate goal is, but it's a process to be able to get to that point and that process will start in August." Brent Sutter

Hockey Canada's Sean Burke, left, Brent Sutter, centre, and Dale Hunter attend a press conference in Toronto on Wednesday. Sutter was named the head coach of the national junior team. NATHAN DENETTE/THE CANADIAN PRESS

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metro

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	47	33	.588	—
New York	42	35	.545	3½
Baltimore	43	36	.544	3½
Tampa Bay	41	38	.519	5½
Toronto	**39**	**38**	**.506**	**6½**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	42	34	.553	—
Cleveland	40	37	.519	2½
Kansas City	36	39	.480	5½
Minnesota	34	40	.459	7
Chicago	32	43	.427	9½

WEST DIVISION

	W	L	Pct	GB
Texas	45	33	.577	—
Oakland	46	34	.575	—
Los Angeles	35	43	.449	10
Seattle	34	45	.430	11½
Houston	30	49	.380	15½

Wednesday's results
Toronto 3 Tampa Bay 0
L.A. Angels 7 Detroit 4
Texas 8 N.Y. Yankees 5
Houston 4 St. Louis 3
Oakland 5 Cincinnati 0
N.Y. Mets 3 Chicago White Sox 0
Kansas City 4 Atlanta 3 (10 inn.)
Pittsburgh 4 Seattle 2
Boston 5 Colorado 3
Cleveland 4 Baltimore 3
Tuesday's results
Tampa Bay 5 **Toronto 1**
L.A. Angels 14 Detroit 8
Baltimore 6 Cleveland 3
St. Louis 13 Houston 5
Atlanta 4 Kansas City 3
Oakland 7 Cincinnati 3
Chicago White Sox 5 N.Y. Mets 4
Pittsburgh 9 Seattle 4
N.Y. Yankees 4 Texas 3
Boston 11 Colorado 4
Thursday's games
All times Eastern
Texas (Holland 5-4) at N.Y. Yankees (Hughes 3-6), 1:05 p.m.
L.A. Angels (Weaver 1-4) at Detroit (Fister 6-5), 1:08 p.m.
Cleveland (Kluber 6-4) at Baltimore (Gonzalez 5-3), 7:05 p.m.
Toronto (Wang 1-0) at Boston (Lester 7-4), 7:10 p.m.
Kansas City (Guthrie 7-5) at Minnesota (Deduno 3-2), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	45	33	.577	—
Washington	39	38	.506	5½
Philadelphia	37	41	.474	8
New York	30	43	.411	12½
Miami	27	50	.351	17½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	48	29	.623	—
Pittsburgh	48	30	.615	½
Cincinnati	45	34	.570	4
Milwaukee	32	44	.421	15½
Chicago	32	44	.421	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	41	36	.532	—
San Diego	39	39	.500	2½
Colorado	39	40	.494	3
San Francisco	38	39	.494	3
Los Angeles	34	42	.447	6½

Wednesday's results
Miami 5 Minnesota 3
Washington 3 Arizona 2
Chicago Cubs 5 Milwaukee 4
Philadelphia at San Diego
San Francisco at L.A. Dodgers
Tuesday's results
Philadelphia 6 San Diego 2
Miami 4 Minnesota 2
Milwaukee 9 Chicago Cubs 3
Washington 7 Arizona 5
L.A. Dodgers 6 San Francisco 5
Thursday's games
All times Eastern
Chicago Cubs (Garza 2-1) at Milwaukee (Peralta 5-8), 2:10 p.m.
Arizona (Corbin 9-0) at Washington (Strasburg 4-6), 4:05 p.m.
N.Y. Mets (Hefner 2-6) at Colorado (Chatwood 4-1), 6:10 p.m.
Philadelphia (Pettibone 3-3) at L.A. Dodgers (Greinke 4-2), 10:10 p.m.
Friday's games
Milwaukee at Pittsburgh, 7:05 p.m.
San Diego at Miami, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Arizona at Atlanta, 7:30 p.m.
San Francisco at Colorado, 8:40 p.m.
Philadelphia at L.A. Dodgers, 10:10 p.m.

CFL

REGULAR SEASON

Thursday's game
All times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	3	2	24	17	29
Philadelphia	7	5	4	25	24	25
New York	7	6	4	23	22	25
Kansas City	6	5	5	20	15	23
Houston	6	5	5	19	16	23
Columbus	5	6	5	19	18	20
New England	5	5	5	18	13	20
Chicago	5	7	3	15	21	18
Toronto	2	7	6	14	20	12
D.C.	2	11	3	8	26	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	9	5	3	26	16	30
Portland	7	1	9	28	16	30
Dallas	8	3	5	25	20	29
Los Angeles	7	6	3	23	18	24
Vancouver	6	5	4	25	24	22
Seattle	6	5	3	19	17	21
Colorado	5	7	5	17	19	20
San Jose	4	7	6	15	25	18
Chivas USA	3	10	2	14	30	11

Note: 3 points for victory, 1 point for tie.
Saturday's games
All times Eastern
Salt Lake at Toronto, 1 p.m.
Dallas at Philadelphia, 5:30 p.m.
Colorado at Montreal, 7 p.m.
Vancouver at D.C., 7 p.m.
Columbus at Kansas City, 8:30 p.m.
New England at Chivas USA, 10:30 p.m.
Los Angeles at San Jose, 10:30 p.m.
Sunday's games
Houston at New York, 2 p.m.
Wednesday, July 3
Montreal at Toronto, 7 p.m.
San Jose at Chicago, 8:30 p.m.
Vancouver at Kansas City, 9 p.m.
Philadelphia at Salt Lake, 10 p.m.
D.C. at Seattle, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You may not be able to explain why something feels right but you know better than to ignore your instincts. Creatively and romantically, you are entering a positive phase. Own it.

♉ Taurus
April 21 - May 21
Don't worry too much about pleasing everyone today because chances are you won't succeed. Instead, decide what it is that needs to be done and just get on with it.

♊ Gemini
May 22 - June 21
You would not be human if what you hear today does not bruise your ego, but you don't have to make a big deal of it. A week from now, it will have no meaning at all.

♋ Cancer
June 22 - July 23
Someone you do business with will offer you some sort of deal, one that could make you a lot of money. That's great but keep your wits about you because it may not be as wonderful as they would like you to believe.

♌ Leo
July 24 - Aug. 23
Venus, planet of emotional and material values, moves into your birth sign today and almost immediately your mood will improve. It will improve even more if you share your love of life with other people.

♍ Virgo
Aug. 24 - Sept. 23
Unexpected events could disrupt your plans over the next 24 hours but it's nothing to worry about. While Mercury, your ruler, is moving retrograde you would be wise to take nothing at face value.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the friendship area of your chart today, encouraging you to be even more outgoing. A social event could lead to new experiences and maybe even a new relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in one the best areas of your chart helps you believe all things are possible. People may say you are being overly optimistic but that's not how you see it — and how you see it creates your reality.

♐ Sagittarius
Nov. 23 - Dec. 21
There are many good things going on in your world, many opportunities waiting to be exploited. So why are you hesitating? There will never be the perfect time to take action, there will only ever be now.

♑ Capricorn
Dec. 22 - Jan. 20
Someone will make you a tempting offer and although you may want to take it, you can't help thinking there is a catch. Don't worry – there isn't.

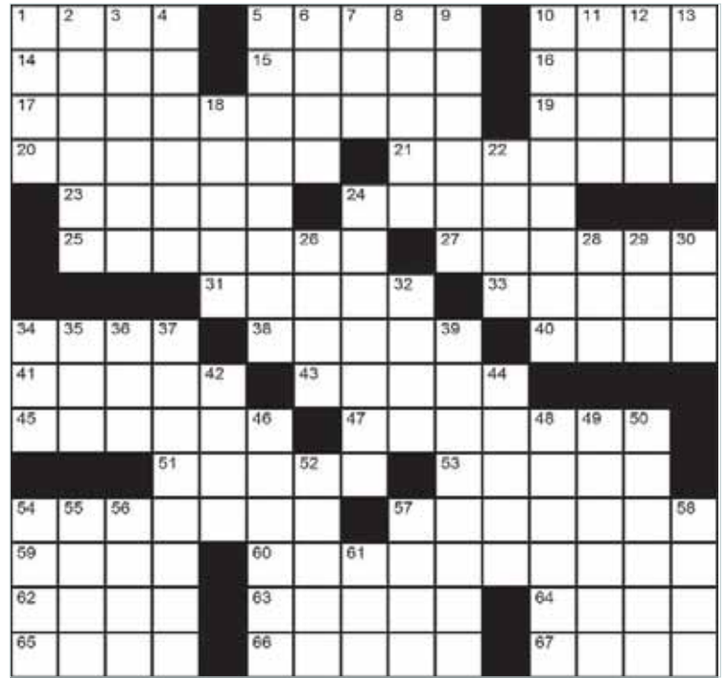
♒ Aquarius
Jan. 21 - Feb. 19
Partnerships of all kinds are under good stars today, so if there is someone you want to get close to, one-to-one, now is the time to make your move. You're not as dispassionate as some people say. Prove it.

♓ Pisces
Feb. 20 - March 20
No matter how much of an expert you are, there will always be someone who knows more than you. The planets suggest you will meet such a person today. Learn something new. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

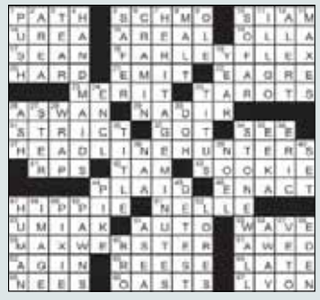
BY KELLY ANN BUCHANAN



Across
1. Theo __, "Canadian Idol" Season 6 winner
5. "You can ___ horse to water..."
10. Jiffs
14. Norwegian king, variantly
15. Go on ___ (Try Jenny Craig, say)
16. Birthstone
17. Saskatchewan's CFL team's website, __.com
19. Greek salad cheese
20. Tidy up again
21. Kick up a fuss
23. Birth-related
24. Singer, Billy Ray __
25. Bee participant
27. Resounded
31. Boundary lines
33. "__ Tonk Women" by The Rolling Stones
34. Stoker of scary stylus
38. Son of The Munsters
40. Summers: French
41. Type of headache
43. MP from Newfoundland, Scott __
45. Plum __, Manitoba
47. One holding the retractable measuring device, say
51. Houston's home
53. People: German
54. Filing __
57. 1967 Sam & Dave hit: 2 wds.
59. CEO's "Quick!"
60. Michael J. Fox's "Back to the Future" (1985) role: 2 wds.
62. "__, Interrupted" (1999)
63. Carpentry tool
64. Caddie's pieces
65. Not difficult
66. Uptight
67. 'Scor' add-on

Down
1. Unit of pressure
2. Martians
3. Like a Marx Brothers comedy
4. Slender
5. "O Canada" music composer, Calixa __ (Director Martin)
6. __.-__-Chief (Newspaper job)
7. Garlic: French
8. Actress, Julie __
9. Pied-_-__ (Temporary housing)
10. Type of tap dancing
11. Bit of the French (b.1842 - d.1891)
12. Some pets
13. Blinds strip
18. Domain
22. "Band-Aid ..quick!"
24. Lists at the end of movies
26. Approx. take-offs
28. Ottawa's prov.
29. Make money = __ out a living
30. Prefix to 'functional'
32. Earth's crust layer
34. Particular letters for a grad
35. Summer Olympics site in 2016
36. Babylonian sky god
37. In math, do this: x
39. Company's worker
42. Visible
44. No-__-__ (Biting midge)
46. Excused from
48. Fines
49. Money-from-the-wall charge: acronym + wd.
50. Tennis great Mr. Fraser's
52. Charles Dickens novel, __ of Two Cities: 2 wds.
54. Coop
55. __ Minor
56. Pubs
57. Catch trains at them, for short
58. NASDAQ rival
61. Sprinted

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			4	5	7			6
					6	9		
	1	7	3			2		
1	4		8		9	5		2
5								8
8		6	5		3		1	9
		5			4	8	2	
		4	9					
7			6	2	5			4

Yesterday's Sudoku

5	3	2	4	6	7	9	8	1
9	7	8	1	2	3	4	6	5
4	1	6	5	9	8	3	2	7
3	4	7	2	8	6	1	5	9
2	8	5	9	3	1	6	7	4
1	6	9	7	4	5	2	3	8
8	9	4	3	7	2	5	1	6
7	5	3	6	1	9	8	4	2
6	2	1	8	5	4	7	9	3

Weather

TODAY	FRIDAY	SATURDAY
MAX: 22° MIN: 11°	MAX: 23° MIN: 11°	MAX: 25° MIN: 15°

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